WINNIPEG metro®

NEWS WORTH SHARING.

Bachman-Turner overview

His brother Robbie? His past Juno experiences? Randy Bachman takes care of all that business PAGE 4

It's all Fallon into place

It's just one month in, but the new Tonight Show is succeeding beyond TV execs' expectations PAGE 14

DEEP BREATH: TACKLING LULULEMON'S BAD KARMA

THE YOGA-INSPIRED ATHLETIC APPAREL COMPANY GOES THROUGH SOME SOUL SEARCHING PAGE 8

RURAL LANDOWNERS GO TO TOWN

Dave Core of the Canadian Association of Energy and Pipeline Landowner Associations leads a protest by members of the Manitoba Bipole III Landowners Committee at the Manitoba Hydro building on Monday. Rural property owners want Manitoba Hydro to recognize their rights and begin negotiations for easements. Their protest moved to the legislature in the afternoon. BERNICE PONTANILLA/METRO

Aboriginal adoptees seek formal apology

Reconciliation. Dozens gather in Winnipeg to share stories of losing their language, culture — and look for justice

Some aboriginal people who were adopted into white families during the so-called Sixties Scoop say it's their turn for reconciliation and are calling for a formal apology from the federal government.

Dozens of adoptees gathered in Winnipeg on Monday to tell their stories — many for the first time — and figure out how to get justice.

Coleen Rajotte was taken from her Cree community in Saskatchewan when she was three months old and raised by a Manitoba family. Adoptees were robbed of their real families and feel someone has to be held accountable, she said.

"If someone came into your home today, took your children and shipped them to the United States and around the world, we would want answers," she said. "That's what we as adoptees are asking for. Someone has to take responsibility for this."

From the 1960s to the 1980s, thousands of aboriginal children were taken from their homes by child welfare services and placed with non-aboriginal families. Many consider the adoptions as an extension of the residential school system, which aimed to "take the Indian out of the child."

Rajotte said she was lucky enough to be placed into a loving home, but she lost her language, her culture and her connection to her ancestral home.

But while residential school survivors have had a formal apology and are the subjects of the Truth and Reconciliation Commission, adoptees haven't been formally recognized.

A class-action lawsuit launched by some survivors in Ontario in 2009 is slowly making its way through the courts. The lawsuit was certified, but Canada recently won leave to appeal that decision.

Manitoba Aboriginal Affairs Minister Eric Robinson said it's time adoptees were given the same opportunity for reconciliation as residential school survivors. Some adoptees were put with families where they were treated as farm hands or subjected to horrific abuse, he said.

"It's not an easy thing to talk about the hurts that many of them endured as children, not knowing who they were, being a brown face in an all-white school as an example," said Robinson, a residential school survivor who organized the two-day gathering.

"Those things are very difficult to talk about in this current day but they have to be addressed."

THE CANADIAN PRESS

Province cleans up dirty money

Crime victims, community organizations and law enforcement are reaping the benefits of nearly $1 million in seized drug dollars PAGE 3

Hundreds sentenced to death in Egypt

529 condemned said to be supporters of ousted Islamist president PAGE 5

Flight 370 'ended' in Indian Ocean

Malaysia's PM says that's where the plane crashed, but questions still remain PAGE 6

Unlucky 13 unwelcome in Russia

Canadian lawmakers, officials banned from the country in retaliation for sanctions PAGE 7

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Downtown Winnipeg

Armed group robs, assaults man

Police are investigating after a man was beaten, knifed and robbed by a group of men in downtown Winnipeg early Friday. The 21-year-old victim was walking near Edmonton Street and St. Mary Avenue around 1 a.m. when he was confronted by a group of eight to 10 men. All the suspects are aboriginal, 18 to 25 years old, and all were wearing dark clothing. The suspect with a handgun is six-foot-three, 230 to 250 pounds, clean-shaven and was wearing an "Ecko" brand hoodie with a red hat and blue jeans. The suspect with the knife is six-foot-two, with a skinny build. He was wearing a black hoodie and blue jeans. METRO

Convenience store

Winnipeg police hunt armed robbery suspect

Police are looking for a suspect after an armed robbery at a Rossmere neighbourhood convenience store Sunday morning.

A male suspect made off with an undisclosed amount of cash and cigarettes from the store in the 400 block of Edison Avenue. No one was injured during the robbery.

The suspect is white, in his 20s, with a skinny build and grey/dark eyes.

Anyone with information should call police at 204-986-6219 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Blue Bombers to host

Grey Cup coming to Winnipeg in 2015: Reports

Multiple media sources in Winnipeg are reporting the Blue Bombers will host the 2015 Grey Cup at Investors Group Field. METRO

Nearly $1 million in dirty money forfeited to province

Reaping rewards.
The money was found during two traffic stops

SHANE GIBSON
shane.gibson@metronews.ca

Victims of crime, community organizations, and law enforcement agencies are reaping the rewards of nearly $1 million in drug money found during two traffic stops near Headingley.

The $960,000 seized during the stops — one in 2003 by Winnipeg police and another in 2006 by RCMP — will be distributed through the province's Criminal Property Forfeiture Fund, Justice Minister Andrew Swan said Monday.

"Those funds are now out of the hands of criminal organizations and they'll be used for good purposes," said Swan at a press conference with officials from both the Winnipeg police and the RCMP D Division. "Taking money away from the bad guys is just one of the tools we're using to make this province a hostile territory for those who endanger public safety."

Under the province's Criminal Property Forfeiture Act money illegally obtained or used in illegal activity can be seized, and more than $7.3 million in assets have been forfeited since the legislation was enacted in 2010.

RCMP D Division Assistant Commissioner Kevin Brosseau said his force has used cash from the fund to beef up traffic enforcement with the purchase of flashing radar signs, and Winnipeg police have tapped the fund to help pay for training and new technology for its Internet Child Exploitation unit, according to WPS Deputy Chief Dave Thorpe.

Quoted

"Those funds are now out of the hands of criminal organizations and they'll be used for good purposes."

Justice Minister Andrew Swan, at a press conference with officials from both the Winnipeg police and the RCMP D Division

WPS Deputy Chief Dave Thorpe, front, and RCMP D Division Assistant Commissioner Kevin Brosseau at a press conference Monday announcing $960,000 found by both forces during two traffic stops has been forfeited to the province. SHANE GIBSON/METRO

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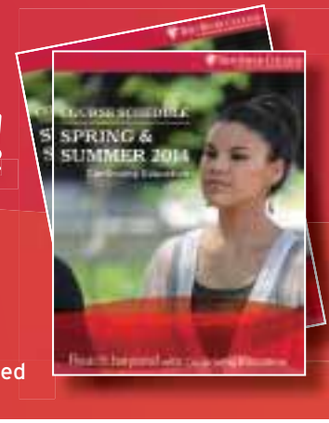

TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT IS HIRING
If you've been waiting for the perfect time to make a career change, this is it. Winnipeg Transit must fill many key positions that are being vacated due to retirement of long-term employees. Bus operators, trades and maintenance people are needed immediately. Don't miss out on your opportunity for a secure job with an above-average salary and benefits. Apply online at winnipegtransit.com, but hurry — the application deadline is March 31. For more details, visit winnipegtransit.com.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN
Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald Streets), is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m. Customers can visit the new location for all their transit service needs, including bus pass and ticket purchases, route planning assistance and more. For your convenience, Winnipeg Transit also has customer service centres located in the Winnipeg Square Concourse and at 414 Osborne St.
Please note, the 65 Garry St. service centre now serves business customers only and is no longer open to the public. For more information, please visit winnipegtransit.com or call 311.

GET INTO THE DOWNTOWN SPIRIT
The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you. For complete route and schedule information, visit winnipegtransit.com or call 311.

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An inside look

Juno Awards to stream Saturday dinner and gala for the first time

All Canadians will get a backstage pass to the 35th Annual Juno Awards thanks to JUNO TV, which will be streaming the Saturday Juno Gala Dinner & Awards and live backstage interviews for the first time ever.

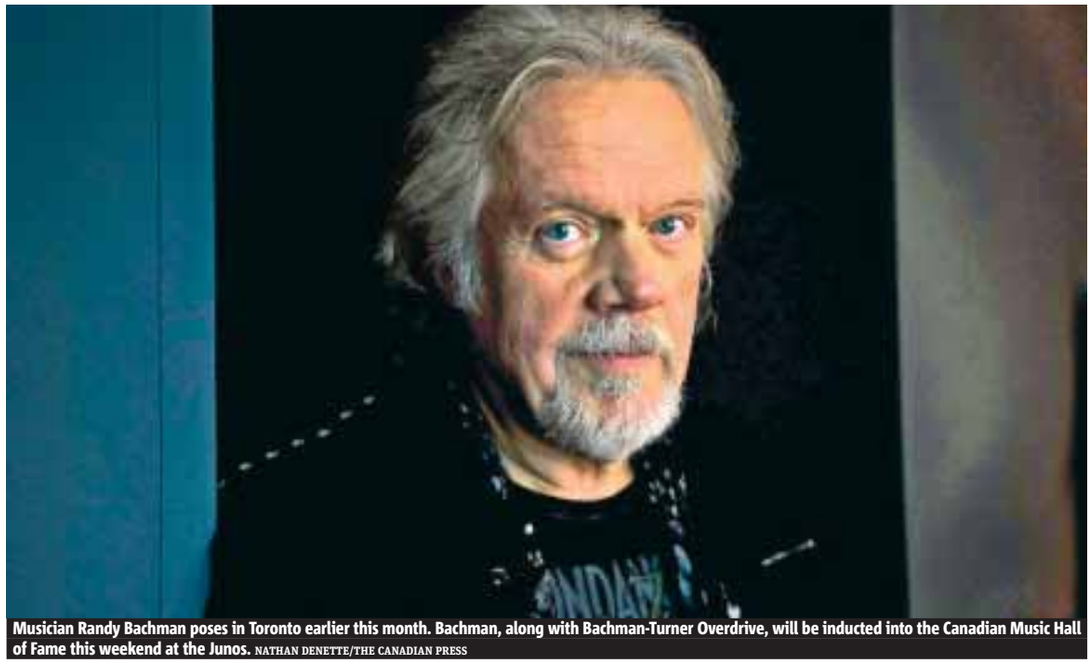
Viewers will be able to interact and ask questions with celebrities through the live stream by going to junotv.ca. The stream begins at 6 p.m. CST.

Sunday night's awards ceremony will also see backstage interviews streamed online.

The Juno Gala will feature performances by A Tribe Called Red, The Devin Cuddy Band, Erin Propp with Larry Roy and Mike Downes, JRDN ft. Kardinal Offishall, and July Talk. It will be hosted by Jian Ghomeshi.

Special Award recipients include Chantal Kreviazuk and Raine Maida, who will receive the Allan Waters Humanitarian Award, and music executive Frank Davies, recipient of the 2014 Walt Grealis Special Achievement Award.

For more information about JUNO TV, check out junotv.ca. **SHELLEY COOK/METRO**


Musician Randy Bachman poses in Toronto earlier this month. Bachman, along with Bachman-Turner Overdrive, will be inducted into the Canadian Music Hall of Fame this weekend at the Junos. NATHAN DENETTE/THE CANADIAN PRESS

Turner telling tales

Bachman-Turner Overdrive. Winner of 11 Junos tells Tales From Beyond the Tap

Bachman-Turner Overdrive will be inducted into the Canadian Music Hall of Fame this weekend, more than a decade after the group's infighting prevented their inclusion.

Frontman Randy Bachman talked to The Canadian Press about that issue and reflected on Juno's past in a recent interview.

CP: In your new book, Tales From Beyond the Tap, you write that you and your brother Robbie have never reconciled and that he has "grandiose delusions about himself." How will it feel to be ushered in alongside him?

Bachman: I'm not sure what that'll be like. I'm just getting ready for it....

I haven't seen Robbie since my dad passed away, since my dad's funeral. I haven't seen Blair in a long time. And I see Fred all the time. So it'll be exciting.

CP: According to the official tally, you've won 11 Junos. Have you kept track of them all?

Bachman: There are quite a few, because I produced Trooper and (I won) quite a bit for BTO, because I was the producer and the singer/songwriter. So I got double gold and platinum records for all that stuff as well. I have a nice collection of blue ribbons or gold records or platinum records or Junos. **THE CANADIAN PRESS**

ALMOST FAMOUS IN WINNIPEG

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

As the Junos get underway in Winnipeg, celebrating the best in Canadian music, let me first officially offer a salute to those of us that never made it in music.

A salute to the thousands of us that started bands thinking it was the greatest idea in the world. In hindsight, it really was.

We started bands with what we thought at the time were hilarious or brilliant names, most often fuelled by inside jokes, relative youth, and beer.

We made music we thought was really good, even though some us weren't exactly good musicians. That wasn't the point, nor did it ever occur to us that not knowing how to play could prevent us from playing. So it didn't.

We put up posters, made T-shirts and stickers, and even scrounged up money to record stuff. None of this was ever going anywhere, but it hardly mattered at the time.

Making music, however, does matter. It's good for you. Indulging your creativity in any art form is good for you. While I can't morally tell you you're going to make music for a living, I can tell you that if you think you should try, you should try.

If nothing else, it's super fun.

Ace Burpee is a local writer, radio show host, producer and supporter of all things good.

Death toll up in U.S. mudslide

Volunteers Frank and Rhonda Cook watch as the final body they recovered Sunday afternoon is lifted into a helicopter on the east side of Saturday's fatal mudslide near Oso, Wash. GENNA MARTIN/THE HERALD/THE ASSOCIATED PRESS

The list. Construction workers coming into the area and people just driving by are among the missing

The search for survivors of a deadly Washington state mudslide grew Monday to include 108 names of people who were reported missing or were unaccounted for, but authorities cautioned the figure likely would decline dramatically.

Still, the size of the list raised concerns the death toll would rise far above the 14 people who have been confirmed dead, a figure that rose by six yesterday.

The slide Saturday swept through part of a former fishing village about 90 kilometres northeast of Seattle. Several people also were critically injured. About 30 homes were destroyed, and the debris blocked a 1.5-kilometre stretch of state highway.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

Adding to the worries was that the slide struck Saturday morning, a time of the weekend when most people are at home. Of the 49 structures in the neighbourhood hit by the slide, authorities believe at least 25 were occupied full-time.

Frequent, heavy rainfall and geography make the area prone to landslides. Authorities believe Saturday's slide was caused by ground made unstable by recent rainfall.

The slide blocked the North Fork of the Stillaguamish River. Washington Gov. Jay Inslee described the scene as a "square mile of total devastation."

THE ASSOCIATED PRESS

Testimony

Texts suggest girlfriend feared Pistorius

Oscar Pistorius and Reeva Steenkamp argued fiercely in the turbulent weeks before he killed her, and the athlete's girlfriend told him she was sometimes scared by his behaviour, which included jealous outbursts in front of other people, according to phone messages revealed at the Olympian's murder trial on Monday.

"I'm scared of u sometimes and how u snap at me and of how u will react to me," Reeva Steenkamp texted Pistorius, in a message read out in court by a police captain.

"I can't be attacked by outsiders for dating u AND be attacked by you, the one person I deserve protection from," she wrote.

THE ASSOCIATED PRESS

Crackdown

Hundreds sentenced to death at Egyptian trial

An Egyptian court sentenced to death on Monday 529 people accused of an attack on a police station that left one policeman dead, in a mass trial that lasted only two sessions and raised an outcry from rights activists.

The verdicts against the men, said to be supporters of ousted president Mohammed Morsi, are subject to appeal and would likely be overturned, rights lawyers said. But they said the swiftness and harshness of the rulings on such a large scale deepened concerns that Egypt's courts have been deeply politicized and that due process is being swept away in the crackdown on the Muslim Brotherhood.

THE ASSOCIATED PRESS

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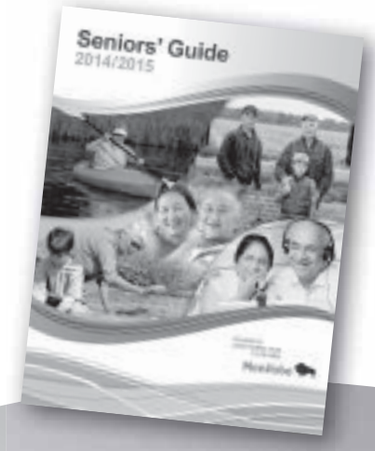

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Flight 370 crashed into the ocean: Malaysia's PM

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

Malaysian Prime Minister Najib Razak speaks during a press conference for the missing Malaysia Airlines Flight MH370, in Kuala Lumpur on Monday. JOSHUA PAUL/THE ASSOCIATED PRESS

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday night, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft and why.

Dressed in a black suit, Prime Minister Najib Razak announced the news in a brief statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with 239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

Search teams from 26 nations have pored over radar data and scoured a wide swath of Asia for weeks with advanced aircraft and ships in a deeply frustrating attempt find the plane.

On Monday, planes and ships from Australia to China were crisscrossing the southern part of the ocean after multiple satellites had detected objects that could have been possible remains of the lost airliner.

The search is now considered a race against time because of the battery life of the "pinger" in the plane's black box, which may run out in the next two weeks.

On Monday, an Australian navy support vessel, the Ocean Shield, was headed toward the search zone and was expected to arrive in three or four days, a defence official said. The ship is equipped with acoustic detection equipment that can search for the black box.

The U.S. Pacific Command said it is also sending a black box locator in case a debris field is located.

Earlier Monday, Malaysia's police chief, Inspector General Khalid Abu Bakar, reiterated that all the passengers had been cleared of suspicion.

But he said the pilots and crew were still being investigated. He would not comment on whether officials had recovered the files that were deleted a month earlier from the home flight simulator of the chief pilot. THE ASSOCIATED PRESS

Quoted

"I must inform you that, according to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

Despair. Grief takes over hope for family members

Relatives shrieked and sobbed uncontrollably. Some nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word in an announcement Monday: There was no longer any doubt Flight 370 went down in the Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the hotel with several stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance. THE ASSOCIATED PRESS

A relative cries in Beijing, Monday. NG HAN GUAN/THE ASSOCIATED PRESS

What we know. Tragedy confirmed, but little else

THE PLANE CRASHED:
Malaysian Prime Minister Najib Razak said satellite data showed Flight MH370 "ended in the southern Indian Ocean," confirming it went down in remote waters of the ocean.

ITS LAST POSITION:
A British company calculated satellite data using analysis never before used in an aviation investigation like this, and pinpointed the last spot the plane in the air was in the middle of the ocean west of Perth, Australia.

NO SURVIVORS:
The prime minister left little doubt that all 239 crew and passengers died.
THE ASSOCIATED PRESS

Acceptance

"We accept the news of the tragedy. It is fate."

Father of an aviation engineer who was travelling on the flight, after listening to the statement of the Malaysian prime minister.

13 Canadians banned from Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for sanctions over Russia's annexation of Crimea. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague, where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour."

"Any country who thinks that in the 21st century you can simply rewrite the borders of Europe is wrong, and it's of deep concern," Baird said.

"None of the people listed today are threatening the territorial integrity or sovereignty of the Russian Federation. I think it also says we've certainly got the attention of those in the Kremlin."

Russian retaliation was bound to come, said NDP Leader Tom Mulcair.

"It's a sign that we are heading into an era of much chillier relations, but it was predictable. And frankly, if that's the price to pay to start sending a message to Putin, so be it."

Liberal MP Ralph Goodale called the Russian move "deeply insulting," especially in targeting Scheer.

"The Speaker embodies the rights and privileges of all MPs and indeed the very dignity of the whole House," Goodale said.

In addition to Scheer, Van Loan and Cotler, the Russians also banned Tory MPs Ted Opitz, James Bezan and Dean Allison, Liberal MP Chrystia Freeland and NDP MP Paul Dewar.

Also named are Wayne Wouters, the clerk of the privy council; Jean-Francois Tremblay, deputy secretary to the cabinet; and Christine Hogan, assistant secretary to the cabinet.

G8 on hold

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the G8 until Russia "changes course."

- In a joint statement, the G7 nations say they will meet without Russia.
- The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

Sen. Raynell Andreychuk, a Conservative senator from Saskatchewan, is also on the list, along with Paul Grod, national president of the Ukrainian Canadian Congress.

"I wear my exclusion from Russia as a badge of honour and am proud to be in such distinguished company," Cotler said in a statement.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The timing of the crash — just before 3 a.m. Monday — helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS

A Chicago Transit Authority train car rests on an escalator after it derailed early Monday in Chicago. KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS

Alberta

No higher cancer rates in area near oilsands: Study

An Alberta government study says Fort Chipewyan, an aboriginal community downstream from the oilsands, doesn't have higher overall cancer rates.

But the Alberta Health Services survey did find higher than expected levels of cervical and bile duct cancer, but James Talbot, chief medical health officer, said that was most likely to be attributable to other factors. THE CANADIAN PRESS

Ireland

Lawmaker steps down after being caught sexting

Patrick Nulty, a 31-year-old lawmaker, has resigned after a newspaper caught him sending sexually suggestive messages to female constituents in Dublin.

Nulty initially claimed his account was hacked, but admitted responsibility once he was shown his messages came from inside Dublin's parliament building. THE ASSOCIATED PRESS

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Lulu
I'm influenced because I used to work for the company and am aware of how to care for and wash the clothes. I choose them because of the quality.
— Rosanna Araujo, 30, yoga instructor-in-training, in head-to-toe Lululemon.
Lolë
Influences: Comfort, ethical practices, durability/quality, style, price.
— Sarah Moore, 34, yoga instructor, in Lolë* top and Moving Comfort bottom.
*Gets a staff discount at Lolë.
Used
I do advise that in these deeply consumeristic times we remember this cautionary thought: 'I say beware of all enterprises that require new clothes, and not rather a new wearer of clothes (Henry David Thoreau).'
Cailin Bator, 28, yoga teacher, in head-to-toe second-hand clothes.
Lululemon
In my clothing I want to feel comfortable, confident and supported. My choices are based on these requirements.
— Hana Lukac, 30, Mula Yoga owner/yoga teacher, in head-to-toe Lululemon*.
*She is a Lululemon ambassador
Tonic
If I'm planning to get hot and sweaty, Karma Wear and Tonic are my definite faves! They're both Canadian-made, and that's a big factor in why I support them.
— Amanda Montgomery, 36, Moksha yoga teacher and birth doula, in Tonic top and bottom, and H&M leg warmers.
Roots
I range from $5 brands, to Roots and Lululemon; Influences: Fabric (I'm on the lookout for natural fibres like cotton and bamboo).
— Judy Trinh, 28, holistic nutritionist/yoga instructor/dental receptionist in Roots top and Under Armour pants.
Nike
I usually wear Lululemon (I am a former employee of Lulu) or Nike. I like clothing that is fitted but comfortable, breathable, Dri-Fit, and moves with my body.
— Farley Tarn, 31, visual merchandiser/marketing/film and photographer/massage therapist/yoga teacher-in-training, in Nike top and old shorts (brand unknown).

Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out $62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit

MELISSA DUNNE
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"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at $49.32 US Monday — down from its June high of $82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was $1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a marketing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking $16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were $25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge $82 and up for women's pants made of its Luon nylon-and-lycra blend fabric because devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a " :(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together," says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

A different kind of branding

- **Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank.** Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.
- **Ambassadors get free clothes, plus free promotion in-store and online.** The model has been such a hit that other brands, such as rival Lolë, now have similar programs.
- **Lululemon also offers free yoga classes.** Held twice a week at their stores, anyone can join.

THINKING OF BUYING
A NEW HOME?

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Havana nights. Private bars boom as Cubans with money come out to play

It's Saturday night at El Cocinero, a chic rooftop bar that has arguably become Havana's hippest watering hole in the year since it opened, and there's no getting in without a reservation.

There are plenty of foreigners, but also not a few sharp-dressed Cubans lounging in the butterfly chairs, sipping $3 US mojitos and talking art, culture and politics. It's an image that stands in stark contrast to common perceptions overseas of communist Cuba as a poor country where nobody has the disposable income to blow on a night out.

Havana is seeing a boom in stylish, privately run bars and clubs like El Cocinero, evidence of a small but growing class of relatively affluent artists, musicians and entrepreneurs on an island where many people earn about $20 US a month and depend on subsidized food, housing and transport to get by.

THE ASSOCIATED PRESS

People wait to access the government club Cafe Amor in Havana in March. The Cuban capital is seeing a boom in privately run bars and clubs. THE ASSOCIATED PRESS

Vying to be king atop a new porcelain throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. THE ASSOCIATED PRESS

No housing bubble to burst: Report

Think-tank's take. Contrary to many reports, Conference Board says Canada's real-estate market is not too hot

Quoted

"At this point in the housing cycle, there is a risk that Canadian housing prices in some market segments are due for a modest correction."

The Conference Board's new report

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued.

Rather, the report argues that with the possible exception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

THE CANADIAN PRESS

Market Minute

DOLLAR 89.33¢ (+0.12¢)

TSX 14,278.55 (-57.21)

OIL $99.60 (+$0.14)

GOLD $1,311.20 (-$24.80)

Natural gas: $4.29 US (-$0.02)
Dow Jones: 16,276.69 (-26.08)

Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind the wildly popular mobile game Candy Crush Saga, is scheduled to make its debut on the New York Stock Exchange this week. The company could be valued as high as $7.6 billion US if its initial public offering prices at $24 US per share.

THE ASSOCIATED PRESS

YOU'VE COME TO

10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for – a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.

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THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?

Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.

3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:

- Set up a Continuous Savings Plan and set aside $100 every week. That adds up to $5,200 at the end of the year.
- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to $25,000 tax-free from their RRSPs[1].
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free[2] with deposits of $250 or less.

[1]The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca [2]A fee of 8% is applied to the entire transaction for amounts greater than $250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.

5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.

6 SHOULD I GET PRE-APPROVED?

Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.

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A step-by-step guide to buying your first home.
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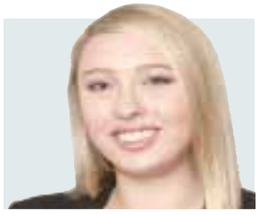
NO LONGER WANT TO NUKE



SHE SAYS
Jessica Napier
metronews.ca

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle. Our eating habits are changing; consumers are increasingly interested in cooking freshly prepared meals rather than nuking frozen dinners — which contain about as much nutritional value as a couch cushion.

Cooking with an actual oven is generally healthier, the food tastes better, and there's none of that electromagnetic radiation to worry about.

I've been on the microwave-free bandwagon since my boyfriend broke ours back in 2010 (he would insist that I was the one who broke it, but since he doesn't have a newspaper column, you're going to have to believe me on this one). Since both of us refused to accept responsibility for the busted appliance and purchase a new one, we've simply learned to live without it.

I miss my old countertop microwave approximately twice a month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

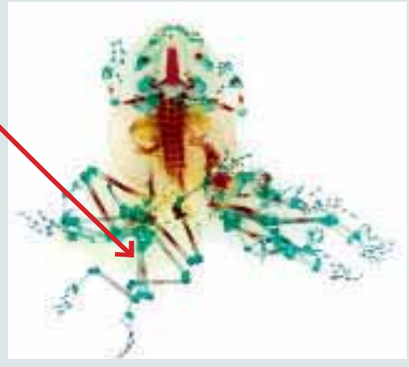
There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. METRO



COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy

BRANDON BALLENGÉE
Artist/biologist, 39, based in New York and Montreal

What kind of deformities do these frogs have?
The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?
In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psychologically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?
The specimen preparation does allow for a level of abstraction, while at the same time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait

HANNAH ZITNER
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Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pummelled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised $3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

CONTRIBUTED

#manupandmakeup:
A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:
Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While $0.25 per mile may not seem like much, for the average marathoner it works out to more than $500 per year. On Android and iOS.

One Today:
The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just $1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

Follow @metropicks and take part in our daily poll.

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Send us your comments: winnipegletters@metronews.ca

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DVD review

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture The Wolf of Wall Street is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette.

PETER HOWELL

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky.
Avenger role takes on new depth in latest Captain America

NED EHRBAR
Metro World News in Hollywood

Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Captain America: The Winter Soldier is obviously a Captain America (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in Avengers, and we saw a little bit of her backstory — we'll see more of that in Avengers 2. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's Captain America. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson says, though she does admit those grey areas make the job that much more interesting.

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart. She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I always say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

Black Widow not as clear cut a good guy as Captain America

"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."
Scarlett Johansson

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Feel-good Fallon fires up viewer figures

Stephen Colbert visits The Tonight Show Starring Jimmy Fallon during the show's debut episode in February.
GETTY IMAGES FILE

The Tonight Show.
For NBC, Jimmy Fallon ascendancy is a show transition that's working

One month in, NBC's generational trade of Jay Leno for Jimmy Fallon at the Tonight show is succeeding beyond the hopes of executives who engineered it.

Fallon's fast start is clear in television ratings and even more stark in social media metrics. While too early to declare a new king of late-night TV, the transition is a marked change from how badly NBC fumbled the short-lived switch from Leno to Conan O'Brien in 2009.

NBC had hoped for an increase in young viewers and steeled itself to lose some of Leno's older fans, but Fallon's reception was a surprise.

When Fallon premiered on Tonight during the Olympics, the franchise hit numbers unseen since Johnny Carson's last week in 1992. Things have settled down but Fallon is still comfortably on top.

Fallon's lead over his rivals is more pronounced among viewers aged 18 to 49, the target demographic for NBC's advertising.

Fallon and NBC embrace the way that many early-to-bed consumers experience late-night television these days: By watching clips of a show's best moments online. The YouTube clip of Fallon and Will Smith acting out the evolution of hip-hop dancing has been seen more than 12.8 million times. Fallon's lip-sync duel with Paul Rudd on songs by Tina Turner, Foreigner and Queen has nearly 9 million views.

Each segment is funny, good-natured and utterly impossible to imagine Fallon's old-school predecessor doing.

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the feel-good spirit," Harbert said. "There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

The anti-show-biz style pioneered by Letterman isn't dead, said Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University. But "it may have run its course to some extent," he said, and Fallon's sincerity dilutes the pure snark of Letterman and O'Brien.

"Fallon has been able to change the equation," he said.

THE ASSOCIATED PRESS

Fallon the sweetest lullaby for NBC

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the feel-good spirit. There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

Ted Harbert, NBC broadcasting chairman

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kanye, Kim and North in April's issue of Vogue. SCREENGRAB

On reflection, we're all sure you're a vampire ... fangs for scaring us, Kanye!

Is Kanye West a vampire? The Twitterverse certainly thinks so. BuzzFeed editor Katherine Miller was one of the first to notice that a photo from Vogue's spread on West, Kim Kardashian and baby North seemed to show that the rapper has no reflection. In the photo, Kardashian and her baby are standing in front of a mirror taking a selfie with her iPhone. West stands in front of them, taking another photo of the pair with his iPad. The problem is, the entire family seems to vanish in the mirror.

It's plausible that Kardashian is blocking her own reflection, but then what happened to West, and what's more, the photographer? Moreover, as many eagle-eyed commenters on Jezebel pointed out, the photo on West's iPad doesn't even match the angle from where he's standing, and it's unlikely the photo of the screen would be that sharp. It's clear that there has been some heavy photo-editing on the photo, which led a few users on Twitter to make their own amendments.

Lady Gaga GETTY IMAGES

Demi's eating disorder claim was out of order, says Gaga

Lady Gaga has heard Demi Lovato's criticism of her choice to let performance artist Millie Brown vomit on her during a concert earlier this month, but she doesn't agree with Lovato's assertion that the stunt glamorized eating disorders. "I have struggled with an eating disorder for over 10 years and I take that very seriously. I take the struggle of others very seriously," Gaga tells E! News. "I am very supportive of Demi's struggle and her recovery as well as the recovery of anyone who is suffering from that. But this performance had absolutely nothing to do with any eating disorder, and we never intended for it to be taken that way. I am really proud of the performance and really stand by the message of rage and pain that we were trying to express in that moment."

The Word

Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.

Jennifer Aniston GETTY IMAGES

Aniston's fiancé always there Justin time to bum some skincare products

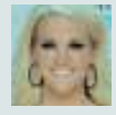
Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical. What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute." But according to Aniston, Theroux doesn't actually need much help. "He's got gorgeous skin. Perfect skin," she says.

No boyfriend, no real friends and lonely on tour ... life ain't a Ball for Miley

Miley Cyrus GETTY IMAGES

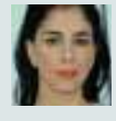
Miley Cyrus' outlandish, fun and frolicking lifestyle might all be for show, as behind the scenes the Wrecking Ball singer is feeling lonelier than ever, according to Radar Online. "She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real meaningful connections. She's surrounded by party people or friends of convenience," a source says. "Being alone has always been a fear of Miley's, and she tried to pretend after the split with Liam Hemsworth that she enjoyed her newfound freedom, but the fact of the matter is that she's painfully lonely. Being on tour helps a bit right now … but the tour ends in June. Then what?"

Twitter



@carrieunderwood
Yeah...um...this is so weird. I, like, NEVER send anything back to the kitchen, but this coffee tastes like iPhone.

@mindykaling
I am taking it so personally ethnically that my whole foods no longer makes Indian food for the hot bar



@SarahKSilverman
I'm godless in general but then I remember that panda bears exist and I'm like hold the f— up

LIFE 3

An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA SZYDLO
life@metronews.ca

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today?' I have not met a person yet who regrets forgiving."

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUNINE

A growing body of research is finding health benefits to forgiveness. A study by the Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards. We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

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There are steps to manifesting our desires. ISTOCK

For your phone

Immunize Canada (iPhone/Android; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With recent outbreaks of measles and whooping cough, it's important to be vaccinated. This app describes the inoculations needed while alerting you to outbreaks and helping you keep a family record.

These boots not made for walkin'

ELISHA DACEY
Metro in Winnipeg

I'm careening along a ridge in a fishtailing snowmobile and I'm about to die.

Josh, the ruggedly handsome ski patrol guy at the helm of said snowmobile, eventually stops halfway down the middle of a steep hill.

"I need you to get off," he says.

"Are you serious?"

He nods. I pry my arms free and slide off the side, standing in the middle of a mountain in my ski boots, Winnipeg Jets hoodie, too-small jacket and ski pants. Then he circles the snowmobile around me, goes halfway up the hill and stops again. He gets off, takes off his helmet and grins at me, waiting expectantly.

It takes me a second. "You seriously want me to climb up?" He grins handsomely again. Jerk.

The amount of time I spent scrambling over Blackcomb Mountain in Whistler in ski boots was the closest I actually got to skiing while I was on a trip to meet Canadian Olympic Silver Medalist Kelsey Serwa. She does this quaint little sport called ski cross, where you careen down a series of hills on a mountain with four other people and try not to die.

The fastest time wins. She and teammate Marielle Thompson won silver and gold, respectively.

After she took us through a ski cross demonstration (we had to snowmobile to get where she was), my legs were too sore to actually ski. So I sat down with her, with a smoothie made by her sponsor, ZICO Coconut Water, and talked skiing and her future.

Nutshell: Serwa isn't sure if she'll continue on through to the next Olympics, and says coaching definitely isn't in her future. But, she does plan to go to school to become a physiotherapist.

FIND A RECIPE FOR THE DACEY SMOOTHIE AT METRONEWS.CA/HALF-OFF.

Tips for beginner skiers:

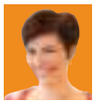
- **Seek professional help.** "The best thing to do is to get lessons," says Serwa, so that you can get the correct guidance and pointers.
- **Keep it light and fun.** "If you get cold, if you get tired, go in for a beer," she laughs. "It's just about enjoying your time, having fun with it, hanging out with your friends, meeting new friends."

Half Off

Elisha was a little intimidated as an absolute beginner on the ski hill in Whistler, but was that going to keep her from enjoying the sport? Visit metronews.ca/voices/half-off to find out.

Kelsey Serwa shows off her silver medal in ski cross. ELISHA DACEY/METRO

Embrace towering power of superfoods



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold.

Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

Ingredients

Layer 1
- Hummus

Layer 2
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3
- 2 cups (500 ml) plain goat cheese at room temperature

Layer 4
- 8 Cups (2000 ml) baby kale / spinach mix
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1/2 tsp (2.5 ml) salt

Layer 5
- 2 medium sweet potatoes peeled
- 2 tbsp (30 ml) unsalted butter

Layer 6
- 1 jar roasted red pepper strips

Layer 7
- Leftover mashed potatoes

Layer 8
- Micro greens or edible flowers

Blueberry Drizzle Reduction
- 1 cup (250 ml) Bloo blueberry juice
- 1 cup (250 ml) red wine
- 1 tbsp (15 ml) balsamic vinegar
- 1 tbsp (15 mL) unsalted butter

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

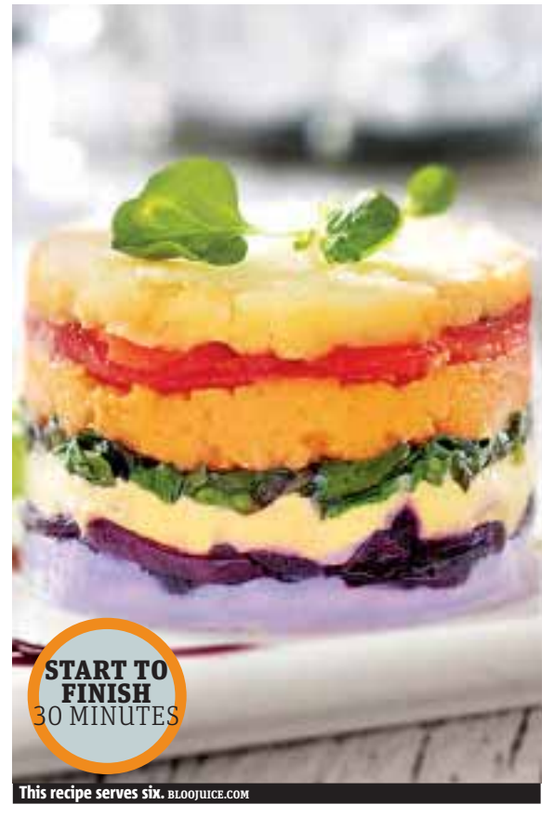
2. Layer 4: Using the same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use the same pan to make blueberry drizzle with any remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter.

4. Layer 7: Use leftover mashed potatoes or double up on the sweet potato layer.

5. Blueberry Drizzle Reduction: Simmer with a whisk until combined and slightly thickened. Set aside.

6. Layer assembly: Use an empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons of hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed sweet potato mixture, smooth out with spoon. Add roasted peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create a very smooth top. Gently place the lid ring on top and firmly press before you slide the can upward over the veggie tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY BLOOJUICE.COM**



This recipe serves six. BLOOJUICE.COM

Stars shut the door on late Jets comeback

Winnipeg Jets defenceman Dustin Byfuglien tries to score against Dallas Stars goalie Kari Lehtonen during the first period on Monday in Dallas. The Stars held on for a 2-1 win. LM OTERO/THE ASSOCIATED PRESS

Miller not quite in tune with new team

NHL. New Blues goalie says he's still getting comfortable despite a solid start in St. Louis

The paint has barely dried on Ryan Miller's new St. Louis Blues mask, and the veteran goaltender is still adjusting to life with his new team.

Miller was very used to Sabres hockey after eight-plus seasons as the man in net in Buffalo. Ten games into this next chapter, he's 7-2-1 with impeccable stats but is still trying to iron out some subtle elements of his game.

"It's just more learning about our team and setting up for tendencies," Miller said Monday in Toronto "You get used to playing with a team in different situations over the course of a couple years sometimes and tendencies come out and you kind of look for certain things. Here, you don't really have that, you've got to kind of figure it out."

A lot has been figured out already: The Blues know Miller is a stellar goaltender, and they're already in the playoffs thanks to some remarkable consistency this season. A bulk of that happened with Jaroslav Halak and Brian Elliott between the pipes, which is a testament to coach Ken Hitchcock's shot-blocking system and those goalies' ability to play behind it.

Recently acquired Blues goalie Ryan Miller blocks a shot against the Predators on March 6 in Nashville. MARK HUMPHREY/THE ASSOCIATED PRESS

"For a goalie that plays aggressive, it's an adjustment because sometimes pucks are bouncing the wrong direction," Hitchcock said. "Went through the same thing (in Dallas) with Ed Belfour, and it took Eddie 30 days before he caught on to the way we were playing, and once he caught on, then his skill took over and he was great."

In his first season with the Stars, Belfour led the NHL with a 1.88 goals-against average. By the end of his second season, he helped Dallas win the Stanley Cup.

Doing that now — not a year from now — is the goal for the Blues, who lead the Western Conference and are competing against the Boston Bruins for the Presidents' Trophy. That was a realistic possibility before acquiring Miller and centre Steve Ott from the Sabres for Halak, forward Chris Stewart, prospect William Carrier and two high draft picks.

THE CANADIAN PRESS

Veteran presence

"I think with Ryan Miller ... he's just sorting it out on the ice, getting better every day, but the impact he's had is in his professionalism." Coach Ken Hitchcock

NHL

B's bumped into first as streak ends

Alex Galchenyuk scored the only shootout goal, and the Montreal Canadiens stopped the Boston Bruins' 12-game winning streak with a 2-1 victory Monday night.

The Bruins fell one game short of their longest winning streak since 1970-71 and two shy of the club record set in 1929-30. But their one point from the shootout loss moved them ahead of Western Conference-leading St. Louis for the most in the NHL with 104.

THE ASSOCIATED PRESS

MLB

Baseball fans face security screening

Tigers fans will pass through metal detectors while entering Comerica Park this season, part of a new set of security measures the team is putting in place.

Major League Baseball has told its 30 teams they must implement security screening for fans by 2015, either with hand-held metal detection or walk-through magnetometers. The Tigers announced Monday that fans should arrive early this season to allow enough time to walk through the metal detectors.

THE ASSOCIATED PRESS

Tennis

Milos Raonic earns another milestone

Canada's Milos Raonic defeated Spain's Guillermo Garcia-Lopez 6-1, 6-2 on Monday to reach the fourth round of the Sony Open for the first time in his career.

The No. 12 seed needed just 56 minutes to complete the victory. He fired 10 aces and had service breaks on four of eight chances.

THE CANADIAN PRESS

Canadian Milos Raonic
THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

Taurus
April 21 - May 21
The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

Gemini
May 22 - June 21
Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

Cancer
June 22 - July 23
You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

Leo
July 24 - Aug. 23
You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

Virgo
Aug. 24 - Sept. 23
Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

Scorpio
Oct. 24 - Nov. 22
You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

Sagittarius
Nov. 23 - Dec. 21
The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

Capricorn
Dec. 22 - Jan. 20
Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

Aquarius
Jan. 21 - Feb. 19
With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

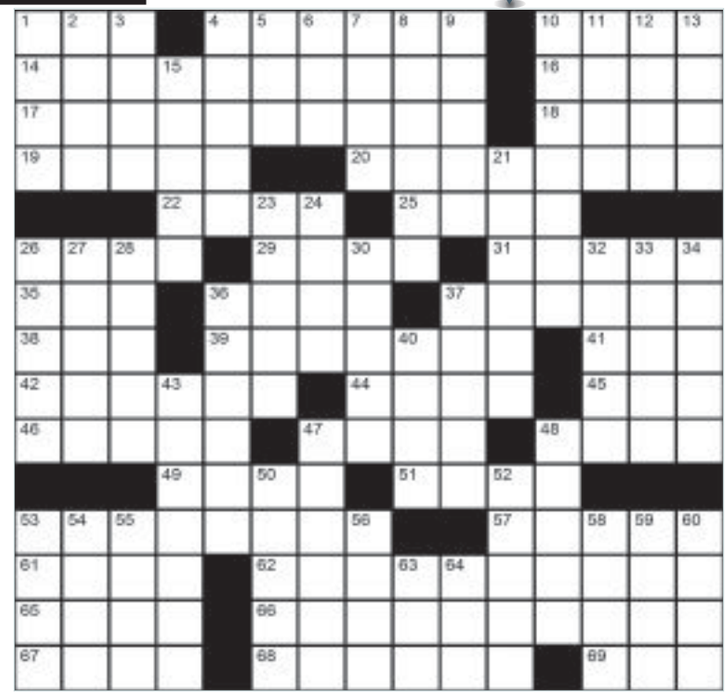
Pisces
Feb. 20 - March 20
Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

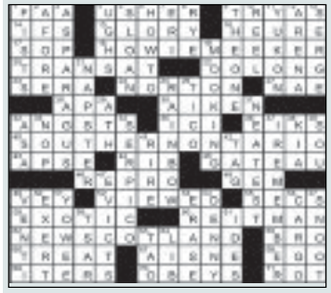
BY KELLY ANN BUCHANAN



Across
1. Ms. Stubbs of "Sherlock", on Showcase
4. Mr. Bumble's gig in Oliver Twist
10. Wit
14. Canada's __ (1967's significance)
16. Place
17. 75th Anniversary! Coffee Crisp's slogan: 'makes a nice __ __'
18. Concept
19. __ Bay, BC
20. '90s comedy series
22. Blinkers
25. ICU part
26. Smart
29. Clever remark
31. Skeleton segments
35. Casino cube
36. Catapult
37. Warm ocean current: 2 wds.
38. Boat's blade
39. Princess Beatrice's sister
41. Islet
42. Hull and Orr
44. "Happy __" (2006)
45. Helios' 'H'
46. Magazine piece
47. Needle case
48. War god
49. Benchmark
51. Stable offspring
53. Ontario: __ Falls, 'The Garden Town of the North'
57. "...it ain't __ __ / I wanna see..." - *NSYNC, "Bye Bye Bye"
61. "Shark Tank" tycoon Daymond John's clothing line
62. Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
65. Tropical destination
66. New __ Party of Canada
67. Broadway tune: "All __ Jazz"
68. Anvil-user's workshop
69. 'Fool' suffix

Down
1. Sch. in The States
2. Mr. Peart of #54-Down
3. Brad's beloved, briefly
4. Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
5. NnNnn
6. Lesley __ Warren
7. "Buenos __!"
8. Tie one's shoes: 2 wds.
9. The MacGuffin author, Stanley __
10. Mr. Murray of The Tenors
11. __-de-camp
12. Stagger
13. Couplet
15. Afternoon hour
21. Canned corn bit
23. Horse play
24. OR pro
26. Sun-dried brick
27. Byes, in Milan
28. Recipe extras
30. "_ __ a sandwich for you on the counter." (Kitchen chitchat)
32. Less unkind
33. Related maternally
34. Some beans, variantly
36. Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
37. Farm song letters
40. Nine: French
43. Medieval meal
47. "Lose Yourself" rapper
48. Waikiki greeting
50. Paved places
52. Mad
53. "Don't know __ __ matters, but..."
54. Toronto band
55. "__-__-Di..." (Beatles song title bit)
56. Ms. Sara, Canadian broadcaster
58. French author, Pierre __
59. Ancient Egyptian goddess
60. Carve in a name
63. Fate
64. Bldg. with chalkboards

Yesterday's Crossword

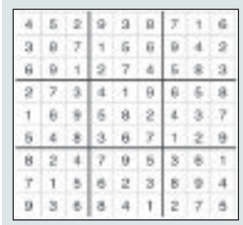


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3	7			5	8
4	2			9	8			7
	3				6		9	
	7	4				1	2	
	9		5				7	
9			2	4			3	1
6	1			5	9			

Yesterday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -11° MIN: -16°	MAX: -6° MIN: -10°	MAX: -7° MIN: -16°

JENNA KHAN
WEATHER SPECIALIST
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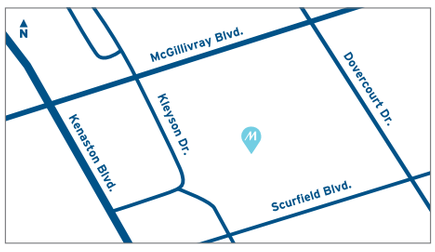

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